

Patient Name: \_\_\_\_\_ Unit : \_\_\_\_\_

## Breakfast Tomorrow

### Circle up to 2 Entrees

Scrambled Eggs  
Hard Boiled Eggs x 2  
Two Pancakes with Syrup

### Circle up to 3 Sides

Oatmeal                      Fruit Loops  
Cheerios                      Raisin Bran  
Hashbrown Patty              Bacon  
Blueberry Lemon Bread  
Banana Bread                  White Toast  
                                         Wheat Toast

### Circle up to 2

Banana                  Yogurt Parfait with Berries  
Apple Slices              Vanilla Yogurt

### Beverages (limit 3 drinks per meal)

Orange Juice   Apple Juice   Cranberry Juice  
Skim Milk       1% Milk       Chocolate Milk  
Hot Tea       Iced Tea

### Condiments (circle all needed for meal)

Sugar              Splenda              Creamer  
Butter              Margarine              Peanut Butter  
Jelly              Sugar Free Jelly              Brown Sugar  
Salt              Pepper              Salt Free Seasoning  
Ketchup      Syrup              Sugar Free Syrup  
Nutella              Hot Sauce

## Lunch Tomorrow

### Circle up to 1 Entree

Tuna Noodle Casserole  
Ham on Wheat (toppings below)  
Grilled Cheese

### Circle up to 3 Sides

Tomato Soup              Pasta Salad  
Cottage Cheese              Baked Potato Chips  
Mixed Vegetables  
Mixed Greens Salad  
                                         -Ranch              -Fat Free Ranch  
                                         -Balsamic dressing              -French  
Applesauce                  Mandarin Oranges

### Circle up to 1 Dessert

Chocolate Chip Cookie              Vanilla Pudding

### Beverages (limit 3 drinks per meal)

Skim Milk              1% Milk              Chocolate Milk  
Hot Tea              Iced Tea

### Condiments (circle all needed for meal)

Sugar              Splenda              Creamer  
Butter              Margarine              Peanut Butter  
Jelly              Sugar Free Jelly              Salt              Pepper  
Salt Free Seasoning              Mayo              Mustard  
Ketchup              BBQ Sauce              Tartar Sauce

### Sandwich Toppings:

Lettuce              Tomato              Onion              Pickles

## Dinner Tomorrow

### Circle up to 1 Entree

Hamburger (toppings below)  
Cheese Pizza  
Baked Tilapia (tartar sauce)

### Circle up to 3 Sides

Chicken Noodle Soup              Beef Stew  
Dinner Roll                      French Fries  
Green Beans                      Rice  
Mixed Greens Salad              Mashed Potatoes  
                                         -Ranch              -Fat Free Ranch  
                                         -Balsamic dressing              -French  
Banana                      Diced Peaches

### Circle up to 1 Dessert

Chocolate Brownie              Lemon Italian Ice

### Beverages (limit 3 drinks per meal)

Skim Milk              1% Milk              Chocolate Milk  
Hot Tea              Iced Tea

### Condiments (circle all needed for meal)

Sugar              Splenda              Creamer  
Butter              Margarine              Peanut Butter  
Jelly              Sugar Free Jelly              Salt              Pepper  
Salt Free Seasoning              Mayo              Mustard  
Ketchup              BBQ Sauce              Tartar Sauce  
                                         Hot Sauce              Nutella

### Sandwich Toppings:

Lettuce              Tomato              Onion              Pickles

**Tuesday Meal Selections**

**(Week B Day 3)**